## Your Local Services - Mid Western Region

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<th>Service</th>
<th>Limerick</th>
<th>Clare</th>
<th>Tipperary North</th>
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<tbody>
<tr>
<td><strong>Women’s Refuge and Support Services</strong></td>
<td>ADAPT Services, Rosbrien, Limerick Tel: 061 412 354 Helpline: 1800 200 504</td>
<td>Clare Haven Services, Ennis Tel: 065 684 2646 Helpline: 065 682 2435 website: <a href="http://www.clairehaven.ie">www.clairehaven.ie</a></td>
<td>Ascend Services, Roscrea Tel: 0505 23379 Helpline: 0505 23999</td>
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<td><strong>Rape / Sexual Assault</strong></td>
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<td><strong>Rape Crisis Midwest</strong></td>
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<td><strong>Sexual Assault Unit Limerick for Victims of Rape and Sexual Assault</strong></td>
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<td><strong>Garda Síochána</strong></td>
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<td><strong>Hospitals</strong></td>
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<td><strong>Legal Aid Board - Law Centres</strong></td>
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<td><strong>District Court Offices</strong></td>
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<td><strong>Health Service Executive West</strong></td>
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<td><strong>Traveller Community Support Services</strong></td>
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### Domestic Violence

#### Sexual Violence

**Important Information for Women in the Mid Western Region**
If you are experiencing violence there is help available

It is not just about being physically abused. Violence can go well beyond this. It can include harassment and humiliation, emotional and sexual abuse, rape, coercion, stalking, being continuously put down or criticised and having restricted freedom and isolation from family and friends.

End the Abuse

Thousands of women in Ireland are experiencing violence. Recent surveys on violence against women showed that:

- 15% of women have experienced severely abusive behaviour of a physical, sexual or emotional nature from a partner at some time in their lives.
- 9% experienced physical violence.
- 8% sexual abuse and 8% severe emotional abuse.
- Multiple forms of abuse were common.
- Among women attending maternity services 12.5% experienced abuse during pregnancy.

End the Silence

Recent surveys show:

- Only 10% of rape and sexual assault cases are ever reported.
- 28% of women raped by strangers reported to Gardaí.
- Only 5% of those raped by relatives or boyfriends reported to Gardaí.
- 80% of rape cases are perpetrated by someone the woman knows.

In 2003, 2,813 women sought emergency refuge accommodation.

In 2005, Women's Aid received 25,843 calls to their National Domestic Violence Helpline.

If you are experiencing violence there is help available.

You will not be told what to do.

You will be shown the options available to you.

It’s your life and your decision.

National services

Ambulance Service
Tel. 999/112

Garda Síochána (24 hours)
Tel. 999/112

Or your local Garda Station

Dublin Rape Crisis Centre
National Helpline (24 hours)
Tel. 1800 778888

Women's Aid Helpline
(10am to 10pm)
Tel. 1800 341900

Your local services

A comprehensive range of local services are available to you should you need them. Information and support is available on many of the following areas:

- Domestic violence
- Rape and sexual assault
- Adult survivors of child abuse
- Crisis accommodation and refuges
- Empowerment and women’s rights

Contact details are overleaf.